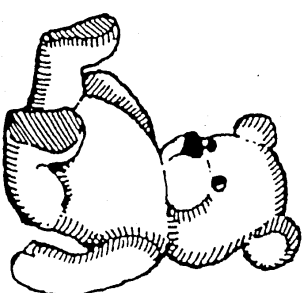


# A Guide for Feeding Your Baby Six to Twelve Months

Suggested Ages and Growth Clue for Adding New Foods



Age	Growth Clues for Adding Foods	Foods To Introduce
6 to 8 months	<b>Baby can:</b> <ul style="list-style-type: none"> <li>✓ Grab and hold onto things</li> <li>✓ Sit without support</li> <li>✓ Begin to chew</li> </ul>	<b>First:</b> Strained, pureed or mashed, cooked vegetables Strained or mashed soft fruits. Soft fruits do not have to be cooked. <b>Later:</b> Strained meat; cooked mashed dry beans; cooked, finely chopped chicken; cooked, boned fish.
8 to 10 months	<b>Baby can:</b> <ul style="list-style-type: none"> <li>✓ Take a bite of food</li> <li>✓ Pick up small pieces and feed himself</li> <li>✓ Use a cup with help</li> </ul>	Mixed baby cereal Cooked, mashed egg yolks Cottage cheese and yogurt. <b>Finger foods:</b> Toast squares or crackers Small pieces of cooked vegetables and peeled, soft fruits. Small pieces of cooked, ground meat, chicken, or fish Introduce new fruits and vegetables to baby, so baby will like a variety of foods.
10 to 12 months	<b>Baby can:</b> <ul style="list-style-type: none"> <li>✓ Chew and swallow soft, mashed foods</li> <li>✓ Use a cup</li> <li>✓ Begin to use a spoon</li> </ul>	Small pieces of cooked or soft foods the rest of the family eats; Cereals, bread and crackers Vegetables and fruits Cheese, cottage cheese and yogurt Cooked meat, cooked dried beans, peas or lentils, cooked egg yolks.

Continue to feed baby breast milk or iron-fortified infant formula throughout the first year.

## Some Important Things to Remember

### **Feed baby from a bowl, not the jar.**

Put a small amount of baby's food in a small bowl. Throw away any food left in the bowl.

### **Do not add salt, sugar, fat, or spices to baby's food.**

### **Do not give honey to your baby.**

It can cause infant botulism, a deadly disease.

### **Keep things clean.**

Wash your hands and baby's hands with soap before feeding baby. Wash the high chair tray with hot, soapy water each time it is used.

### **Use a cup to give baby liquids.**

Babies can drink breastmilk, formula, juice and water from a cup. Limit juice and water. If babies drink too much juice or water, they will not be hungry for other foods they need.

### **Babies are messy eaters.**

Babies need time and practice learning to eat. They will be messy eaters while they learn to use their fingers and a spoon.

### **Sit with your baby while baby eats.**

Do not give baby foods that might cause choking, such as nuts, popcorn, hot dogs, chunks of meat, or hard cheese, raw vegetables, lumps of peanut butter.

### **Use a cup.**

Wean babies from the bottle gradually by 12 months. If you wait much longer, baby will not want to give it up.

